

 **Connie's Corner** 

Cold and Flu Season

Many people become very concerned as soon as they start showing any cold symptoms. Although it is very important that you monitor your symptoms on a daily basis, a cold is very common and is not treated by a physician in the early stages. The human body is an amazing thing ~ as it detects a virus or bacteria, your body is able to try as hard as possible to fight off the illness. After several days, if the virus or bacterial load is too much for the body to handle, you begin to develop a fever, and symptoms will worsen. At this point, it may be time to see the MD.

Prevention:
WASH YOUR HANDS!
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What to do at onset of symptoms:

- Increase water intake
- Get a lot of rest
- Take over-the-counter cold and cough medication to prevent/treat congestion
- Treat pain or fever with Tylenol
- Treat sore throat by gargling with salt water
- Sip warm liquids, such as tea or warm water

If symptoms worsen after one week, or if you start to have green nasal discharge or mucous, it is time to see your primary care provider.

As always, thanks for being such amazing residents, and stay well!

~ Connie Champagne
 Registered Nurse



BAKA presents
EMERALD BAY
 RETIREMENT COMMUNITY

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Medical Bus Transportation ~

Did you know that Emerald Bay offers transportation to-and-from medical appointments for our residents? Two monthly medical trips are included for our residents, but are on a first-come, first-served basis. If you need transportation, please see Doug, our Transportation Specialist, and let him know that you need to set up an appointment. Please note that all medical transportation is provided on Mondays, Tuesdays, Wednesday, and Fridays from 8:00 am to 5:00 pm. We are not able provide medical transportation on Thursday, holidays, weekends, or during inclement weather.

Resident Testimonial ~

I just love it here—this is my home now. I love the activities, especially going out to eat with the other residents. I have made so many new friends, and we often play cards and do other fun activities together, like playing Bingo and socializing at Happy Hour. I love to read, and they have a really nice library here. They also have tons of puzzles for me to work on. Another nice amenity is that I can get my hair done right here at the beauty salon. It is also really nice that they offer church services here. The music entertainment is wonderful, and everyone is so nice and friendly!



~ Myrt F.

MONTHLY
Newsletter

December Issue, 2019

**FROM THE EXECUTIVE
 DIRECTOR'S DESK**



I want to thank everyone from the bottom of my heart for making another Thanksgiving Luncheon one to remember. We could not have made this event happen without the patience of each one of you. Once again, Thank You! The New Community Shelter was honored, and extremely grateful that they were the recipient of our food drive this year. Thank you all for helping make their Thanksgiving a memorable one as well!

Just a reminder, starting December 4th, 2019, your medication distribution time may change if you are

receiving medications from the Emerald Bay staff. To plan for the additional residents moving into the expansion, we are adding another medication cart, which will be changing the schedule of the current medication carts. I asked that you please be patient with your medication passer, as they get used to the new residents that they will be passing medications for.

The new wing is finally open, and new residents are moving in. Please make sure that you open your arms up to help them feel welcome as they transition to their new home here at Emerald Bay

~ Tabatha Luepke
 Executive Director



Quote of the Month:
You are always One Choice away from changing your life.

My Mother Taught Me.....

To appreciate a job well done ~ If you're going to kill each other, do it outside, I just finished cleaning!

Religion ~ You better pray that will come out of the carpet!

Time Travel ~ If you don't straighten up, I'm going to knock you in to the middle of next week!

More Logic ~ Because I said so, that's why!

Foresight ~ Make sure you wear clean underwear in case you get in an accident.

Irony ~ Keep crying and I'll give you something to cry about.

Osmosis ~ Shut your mouth and eat your supper!

Contortionism ~ Will you look at that dirt on the back of your neck!



Happy Holidays



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Honoring Our Veterans

Thank You For Your Service!



This is why they fight for our freedom.



*Thank You Hillcrest
Girl Scouts
For Giving Our Vets
Awesome Goodie Bags & Hugs!*

Fun Times In November

* More photos displayed on the TV monitor in the lobby *

Lunch Outing at the Farm 'Inn on Main in Shawano



Romaine Celebrating Her Birthday at Happy Hour



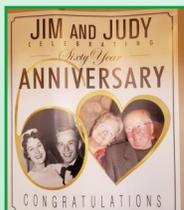
Hillcrest Elementary School making a Pumpkin Craft using rolls of toilet paper!



Jim & Judy Celebrating Judy's 80th Birthday and their 60th Anniversary!



Celebrating Thanksgiving with Family & Friends



 December Birthdays 

- | | |
|---------------|---------------|
| 4th Bill V | 16th Gert R |
| 6th Bonnie V | 21st Tom D |
| 8th Ron S | 22nd Linda C |
| 16th Alvina S | 24th Lavern B |

ALTERNATE MEALS

Every week you will receive a meal menu attached to the back of your weekly Activity Schedule. Please review the menu, and if there is something on the menu you don't care for, you can pick from the Alternative Menu that is located in the dining room on the buffet counter. If you can not find one, please ask one of the staff to get one for you. Please make sure to return the form at least 4 hours prior to the meal being served.

Welcome New Residents!



Linda was born in Escanaba, MI, but was raised in Garden, MI. After she graduated, she married her sweetheart, Dan, and they moved down to Green Bay for work. They have a beautiful daughter, and six grandchildren. Linda was able to stay home to raise their daughter. Over the years, she also helped out at her church by cleaning and teaching CCD. Linda enjoys knitting, crocheting, and camping up in Michigan. She and her husband also enjoyed meeting up with friends at local establishments. Welcome Linda!



Pat was born in the Middle Inlet / Wausaukee Wisconsin area. After graduating, she took some business courses, and then married her high school sweetheart, Roger. Pat stayed at home and raised their six girls. During her life "up north," Pat was active with her church and quickly became known for her excellent cooking and baking skills. She made food for most of the church events. She also worked for her town helping with elections and other town functions. Pat loves to sing, and was in both her school choir and church choir. She has a passion for gardening, and did a lot of canning in her day. Pat loves to crochet and do needlepoint, and can also play the piano pretty well. She and her husband also loved to take their boat out before dawn to go fishing on the nearby lakes. Welcome Pat!



The Senior Funnies



COMING SOON

Get Your VitalitySM Here!

Genesis Rehab Services is proud to
partner with Emerald Bay

Our therapy gym will be open for
Health & Wellness and Therapy
Services starting on
January 1st, 2020

Join us for a Meet & Greet on
December 30th at 4-5:00pm



Obituaries



Onie "Onie" Ryan was born November 16th, 1923, in Appleton, WI. She passed to eternal life on November 25th, 2019. Onie spent the early part of her career as a Registered Nurse at Mercy Medical Center. After many years of working there as a Nurse Manager in the surgical and medical units, she transferred to a faculty position at the MMC School of Nursing. In 1982 Onie became instrumental in establishing the Cardiac Rehabilitation Unit and worked in the

unit until her retirement in 1989. She valued education and made every sacrifice to see that her children received the best education. Onie was deeply committed to her religion and practiced it in her daily life. She also made sure to instill those values in her children, who she loved passionately. Onie enjoyed volunteering at the Oshkosh Public Library, doing ceramics, canning, painting, sewing, knitting, golf, arts and crafts, and swimming. She was also an avid reader and enjoyed music of all kinds. Onie was a kindred spirit at Emerald Bay, and she will be deeply missed.



Lillian "Lil" Huntley passed away November 12, 2019 after a very full and successful life. Lil was born in 1929 in Racine, WI. After high school, she moved to Ogdensburg, NY, where she worked as a telephone operator. She also met her husband there. Later they moved back to Wisconsin where they started their family. They had three children. Lil was very active with her

Lutheran church, and served on several committees. She also sang in the choir for many years. Lil loved art and taught oil painting and sketching in her home to students of all ages. She also displayed her paintings at various art shows in the Green Bay area. Lil and her husband retired in the Land O' Lakes area for 20 years where she was active in several other organizations, including the Land O' Lakes library.



Harold Metzner was born in 1926 and passed away on November 13, 2019. Harold served in the Navy for two years in the Pacific during WWII. After his service he worked for Culligan in Illinois for a few years, and then moved to Green Bay and started his own franchise, which he ran for over 50 years. Harold and his wife enjoyed traveling through the US and Europe.

He had a goal to golf at every golf course in America. He also loved opera, and often made CD's of his favorite music, which he loved to share with the residents at Emerald Bay. Harold enjoyed getting together with his friends and family, and often invited some of the men at Emerald Bay to come to his apartment for shrimp and corn on the cob. He also enjoyed playing cards with his good friend, Julieann.



Tom Woosenraft passed away peacefully with family at his side on November 20, 2019. He was born in Green Bay, but resided most of his life in Pulaski, Wisconsin, where he raised his family. He earned his Bachelor of Business from UW-Madison in 1957. Tom and his father owned and operated Woosenraft Chevrolet in Pulaski for many years. He always enjoyed socializing with his customers and employees.

After selling the dealership, he and his wife retired up in Door County. He also became a Wealth Advisor for Ameriprise Financial Services. Tom and his wife were avid boaters and member of the Green Bay Yacht Club for several years. He enjoyed golfing with "the guys" on a regular basis. He was quite the character! He always had a smile on his face and a story to joke to tell. He also loved spending time with his grandchildren and was an amazing grandpa!

When Tomorrow Starts Without Me

When tomorrow starts without me, please try to understand, that an angel came and called my name, and took me by the hand.

The angel said my place was ready, in Heaven far above, and that I'd have to leave behind all those I dearly love.

But when I walked through Heaven's Gates, I felt so much at home, for God looked down and smiled at me and said, "Welcome Home."

So when tomorrow starts without me, don't think we're far apart, for every time you think of me, I'm right here in your heart.

Bruce Wendt passed away on November 16, 2019. He was born in 1947 and grew up in Oconto Falls. He later obtained his Bachelor's degree in Mechanical Engineering at Michigan Tech. After college, he moved to Illinois and then to Indiana. He was an engineer for several different companies. Bruce loved to golf and watch sports. He also loved his Packers. His good friend, Jerry, would often drive up from Indiana to go to the games with him. Bruce was a kind soul and was grateful for the staff at Emerald Bay, especially his housekeeper, Kathy, who was a good friend to him during his struggles.

Events to Remember in December

- Dec 4th Music with Kyle & Emily
- Dec 5th Trip to Target / Lunch Outing at Olive Garden
- Dec 7th Piano Recital from Area Piano Students
- Dec 10th Sing-A-Long with the Marionette's Winter Ice Cream Cone Social
- Dec 11th Music by the West DePere Choir
- Dec 12th Trip to Wal-Mart
Trip to Festival of Trees at Nat'l Railroad Museum
- Dec 14th Baylander Barbershop Choir
- Dec 16th Hillcrest Elementary School Christmas Concert
WPS Chorus—Please Invite Your Family!
- Dec 17th Resident Council Meeting
- Dec 18th Music with Kyle & Emily
- Dec 19th Trip to Seroogy's / Christmas Party with Eddie Beible
- Dec 20th Girl Scouts Coming to Sing Christmas Carols
- Dec 23rd Resident Apartment Christmas Tree Tour
Violin Music with Kimberly
- Dec 24th Christmas Social / Music with Kyle & Emily
- Dec 31st New Year's Eve Happy Hour